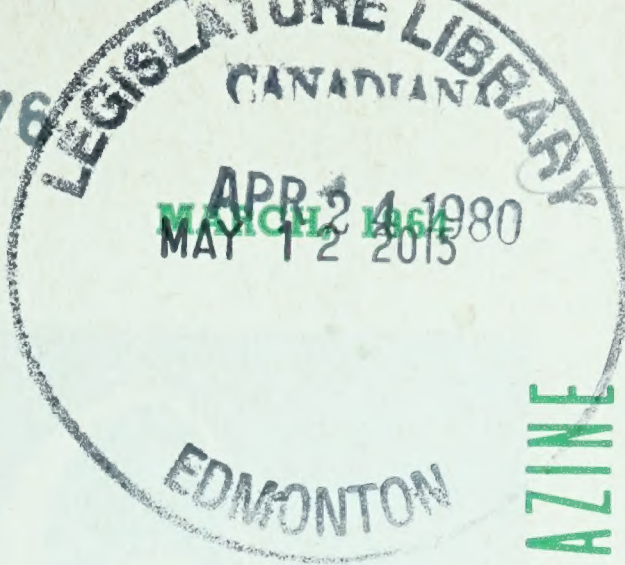


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RECREATION AND CULTURAL DEVELOPMENT MAGAZINE





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Four things come not back:
The spoken word;
The sped arrow;
Time past;
The neglected opportunity.

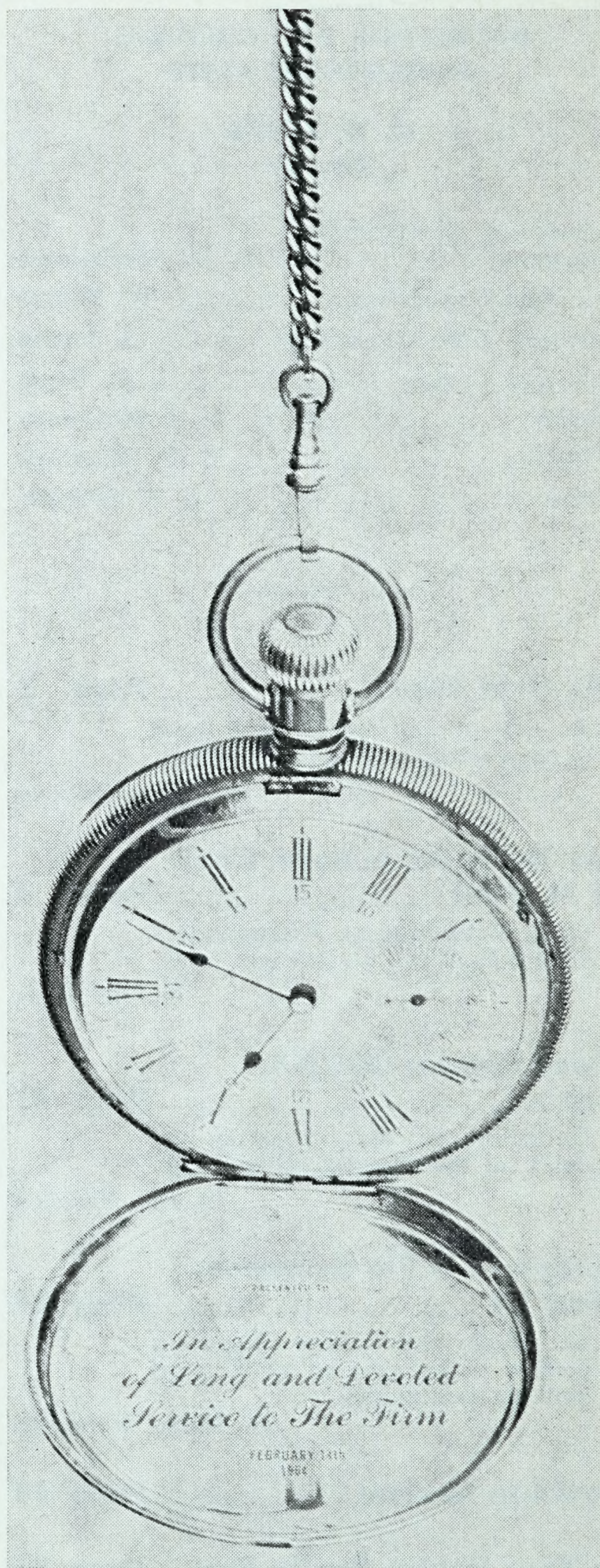
—The Saying of Omar Ibn Al Halif

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Don't be afraid to face up to retirement. It CAN mean a bend rather than an end to your life. But good retirement planning should start when you're young. Even at age 35, you're more than half-way to . . .

The Gold Watch

By Tom Alderman



Butt of many jokes, the gold watch still signifies both a lifetime and a time of life.

THE words of a hymn Mike Kennedy doubtless sang as a child went something like: "Work, for the night is coming, when man's work is done."

From the age of 17, when he first went to work, Kennedy—like most North Americans—has taken these words seriously. And in a few months, Kennedy will realize most vividly that a beneficent society has worked out the exact moment when his work is done. That's when Kennedy turns 65.

The next morning, after the speeches and the gift-giving, he will wake up in his home in Eastern Canada no longer an assistant rates supervisor in the transportation and supply department. Kennedy will be retired. Then he will discover that retirement is precisely what one makes of it—that it can be a beginning rather than an end.

To anyone who feels his work is useful to society, retirement is repugnant. To anyone who finds activity necessary to health, retirement presents a critical problem in rearrangement. To those emotionally unequipped to face old age, retirement is frightening—a symbol of approaching death. To those who think making money is the most fun there is, retirements is dull and empty. To a creative person, retirement is physically impossible. To anyone who's gone some place each morning, even a place he doesn't like, retirement is the removal of a steady destination. To a person attached emotionally to an organization, retirement seems like a divorce from a beloved spouse, an incredible cruelty. There are almost as many problems of retirement as people who work for a living.

What will happen to Mike Kennedy August 31, will happen to a good many of us eventually. Today, if you've lived to 35, you can expect to live to 73 if you're a man, 83 if you're a woman. In 15 years, one of every eight people you meet on the street in Canada will be 60 or older. One of them may even be Kennedy. Like many middle income Canadians, Kennedy will retire in good health and enough money to live on if he watches his pennies. When I talked to him recently, he was—like many about-to-retires—vague on what he'd do with himself. How he'll fare after retirement depends on how wisely and quickly he decides to use his time.

"People will tell you," says Toronto economic consultant Harry Wolfson, "that the big problems of old age are health and money." That's true today. But with automation, people eventually will retire earlier—at 55, or 50, even 45. Society is recognizing its obligations to take care of these people financially. Retirement won't pose the economic problems we have today. Our main problem will be emotional.

Whether or not the time will ever come when people retire at 45 with economic ease—and many industry people doubt if it will—there's relatively little being done about emotional problems. No one's ever made a scientific study of why many men die within two or three years of re-

The author, a staff writer for Imperial Oil Limited, was born in Toronto, and won four scholarships during his three year journalism course at Toronto's Ryerson Institute of Technology. He was a reporter on a suburban weekly newspaper, spent a year in public relations, and was associate editor of Liberty magazine for almost four years. He spent a year in Europe, Asia and the East before joining Imperial. This article has been taken from the February, 1964, issue of Imperial Oil Review.



"Retired people need also the stimulation of the young." Two members of an art class work under the watchful eye of their young critic.

tiring. But more are saying what they suspect. "We live in a country that glorifies youth, requires speed and worships materialism," says Dr. Wilder Penfield, former director of the Montreal Neurological Institute. "So when a man retires, he suffers from a delusion of incompetence, not from incompetence itself. It's a retirement neurosis of false senility."

The irony of it all, adds Dr. Cope W. Schwenger, 38-year-old associate professor of public health at the University of Toronto, is that all too often this false senility develops into the real thing. "There's good evidence that activity postpones mental and physical deterioration," says Dr. Schwenger. "But too many people think retiring's like dying.

They go home and wait for the undertaker. When you're in that state of mind, he comes pretty fast."

Dr. Schwenger believes it's unrealistic to try to change the North American credo that the older citizen is almost unemployable. As long as we have an unemployment problem, he says, older workers will get the short end of the stick. To protect themselves, they must build up secondary interests that can become primary interests after 65, and keep them healthy, mentally and physically.

Too Late to Change at 65

You can't just pick up a new interest at 65, says Dr. Mary Laurence, assistant professor of psychology at the University of Toronto. "People don't change at 65", she says. "We become

the old person we were all our lives. The passing years only intensify our personality traits. Your inner resources—like religious beliefs—have to be built up over the years. If you can't adjust to changing circumstances when you're 35 or 45, you won't be able to do it when you're 65."

Dr. Laurence thinks it's particularly difficult to adjust if you've wrapped yourself too much in your job. "If you make work your life, you'll probably be a better employee, but you won't be a better person. If your needs can only be satisfied by your job, you'll be lost when it's time to retire. You'll have no substitute for those satisfactions."

Such is the case with many executives. But executives are resilient souls, and can often turn a disability to an advantage. Some have taken up retirement counselling which, although it may not earn them as much money, at least makes them feel useful again.

Most workers over 65 have plenty to offer Canadian business, says Dr. Laurence. She has statistical proof. Ten years ago, working with about a dozen other medical doctors, psychologists and social workers, Dr. Laurence took part in a then-unique project for Canada. Employees of the Department of Veterans' Affairs in Toronto who didn't want to retire at 65 were asked to take a day-long series of mental and physical tests. The idea was to develop some method of scientific criteria for determining what effect old age has on performance. More than 95 percent—from janitors to executives—were recommended for continued employment.

This pilot research project was halted after four years, after proving what almost everyone already suspected: that everybody doesn't suddenly disintegrate at 65. Dr. Laurence admits this won't change the Canadian economic structure. With a few exceptions companies still won't seek out the older worker. But it should give us heart not to let mental rust set in when we retire.

A Second Career will help.

The thing to do, according to Dr. Wilder Penfield, is to shift into a second career—one that doesn't necessarily have to pay as much as the first. It's more important, he says, to stay active. That unpaid activity should surpass paid activity in relevance, goes against the North American grain. But it's one of the several facts about retirement that need getting used to.

Such education for retirement is one of Dr. Gerald Cosgrave's pet subjects—even though he finds it depressing. Dr. Cosgrave, a psychologist, is the walnut-tanned, 59-year-old head of counselling services at the Toronto Y.M.C.A. Seven years ago, he took it upon himself to warn people that retirement could kill them if they didn't prepare early. He lined up a team of experts to counsel on mental health, housing, part-time employment and financial planning for retirement. Their services were fairly well used—but mostly by people over 60.

"We hoped at least for people of 50 to 55," Dr. Cosgrave recalls wistfully. "But you can't interest them at the time when they should be interested."

The answer, he thinks, lies in more personal counselling—possibly by industry, which can deal more easily with individual problems. "Most large companies have good pension schemes," he says. "But whether they're too timid to interfere in a person's private life, or whether they just haven't the know-how for handling such a highly personal problem, they're not helping their employees over the psychological hurdles."

One large oil company has for many years been studying the problems of retirement. It started granting pensions to retiring employees in 1911, a radical forward step at the time. The pension program has since been revised many times to keep pace with

changing social and economic conditions.

This company also has a plan, unique in industry, to help employees over the financial hurdle. Under this "thrift" plan they systematically set aside savings during their working career, encouraged and aided by the company. This nest egg, paid to them at retirement, amounts usually to several thousand dollars. It helps employees plan for retirement with much more scope than the average person.

More recently, this same company has looked into psychological aspects of retirement. Employees are given pension estimates well before retirement, as a basis for planning. Inter-

According to Dr. Penfield, the only thing to do is find a second career. This gentleman has turned his gardening hobby into a profitable little business.



views are held during which the employee is invited to discuss his plans, problems and physical capabilities. Some areas of the company are experimenting with more formal programs in which employees, individually or in groups, discuss retirement problems under the guidance of company personnel and outside authorities.

Other steps into this relatively virgin territory have been taken by the meat-packing plants of a well-known Canadian Company. Nine years ago, they instituted a program that starts prodding employees about retirement plans when they've served 20 years with the company. When the employee is 60, counsellors invite him and his wife in for a chat. Four years later, one year before retiring, they're back again for an even more detailed discussion of retirement kinks. And after retiring, the company keeps in touch with the employee at least once a year, if possible personally.

Industrial relations manager E. J. Hickey regards these once-a-year visits of primary importance. "If you doubt it," he says, "just call on them and see how they react. Their eyes hunger for the contact. It's pathetic to see how some look for anyone to talk with."

This need to communicate is the special province of Dr. E. M. Dutton, assistant advisor on programs for older people of the Ontario Department of Education in Toronto. When at 59 Dr. Dutton gave up his dentistry practice in Dryden, Ont., six years ago, he promptly came down with stomach ulcers. Now he's one of that growing army of retirees who've solved their own retirement problems

by helping other oldsters over the pitfalls. And his stomach ulcers haven't been heard from since.

Don't Withdraw from Youth

It's essential," says Dr. Dutton, "for the old to have some contact with the young. Old age clubs are fine for basic activities—Dr. Dutton supervises some 550 for 15,000 people in Ontario—but retired people need also the stimulation of the young. It's relatively easy in rural areas, where older people are known and respected. But the majority live in cities or the suburbs where community spirit hasn't any tradition.

"I know the young live in a different world," he says. "But a retiree needn't bury himself. Even living on a street with young people, instead of those old people's apartments out in the sticks, can be stimulating."

A louder "amen!" could not come from Stan Baby (pronounced "Bobbie"), who retired almost seven years ago. At that time, 65-year-old Baby lived with his wife in a three-bedroom bungalow in Toronto's suburban York Mills. Baby subsequently sold it and picked a duplex in north central Toronto. His immediate neighbors are largely young-married-couples. "We get on fine," he says of his neighbors. "And I don't feel like a vegetable. "It's fun to be around young people."

Walter Lyons, administrative assistant at the Jewish Home for the Aged in Toronto, also likes to see his charges relating to youth. It gives them energy to take on new projects.

"Get involved to the maximum of your capacity," he says. "Get involved in something larger than your-



Many an idle hour can be creatively spent with such a hobby as wood-carving.

self, like helping other people, identifying with causes. Maybe you can't stand the rigors of holding an office in the United Appeal, but you can certainly do some door-to-door canvassing.

"Too many people choose an interest that's not stimulating, that's no more than a means of isolation from activities and relationships they think they can't cope with. This expresses your fear, a fear that can prevent you from broadening your life."

Lyons sees retired people playing another part—that of rebel. "Old

people," he says, "have an important part to play in a society with too much stress on conformity. Some older people don't have the same stakes in conforming as younger people. They can help show us the hollowness and barrenness of conformity, demonstrating the vigor and vitality of non-conformity."

What it all comes down to, says Dr. Laurence, is that after retirement you should stay in a lightened harness till you die. How you fashion that harness depends on what you are. But the fashioning should begin early.

The NOTRE DAME BOYS' CHOIR of ST. PAUL

by

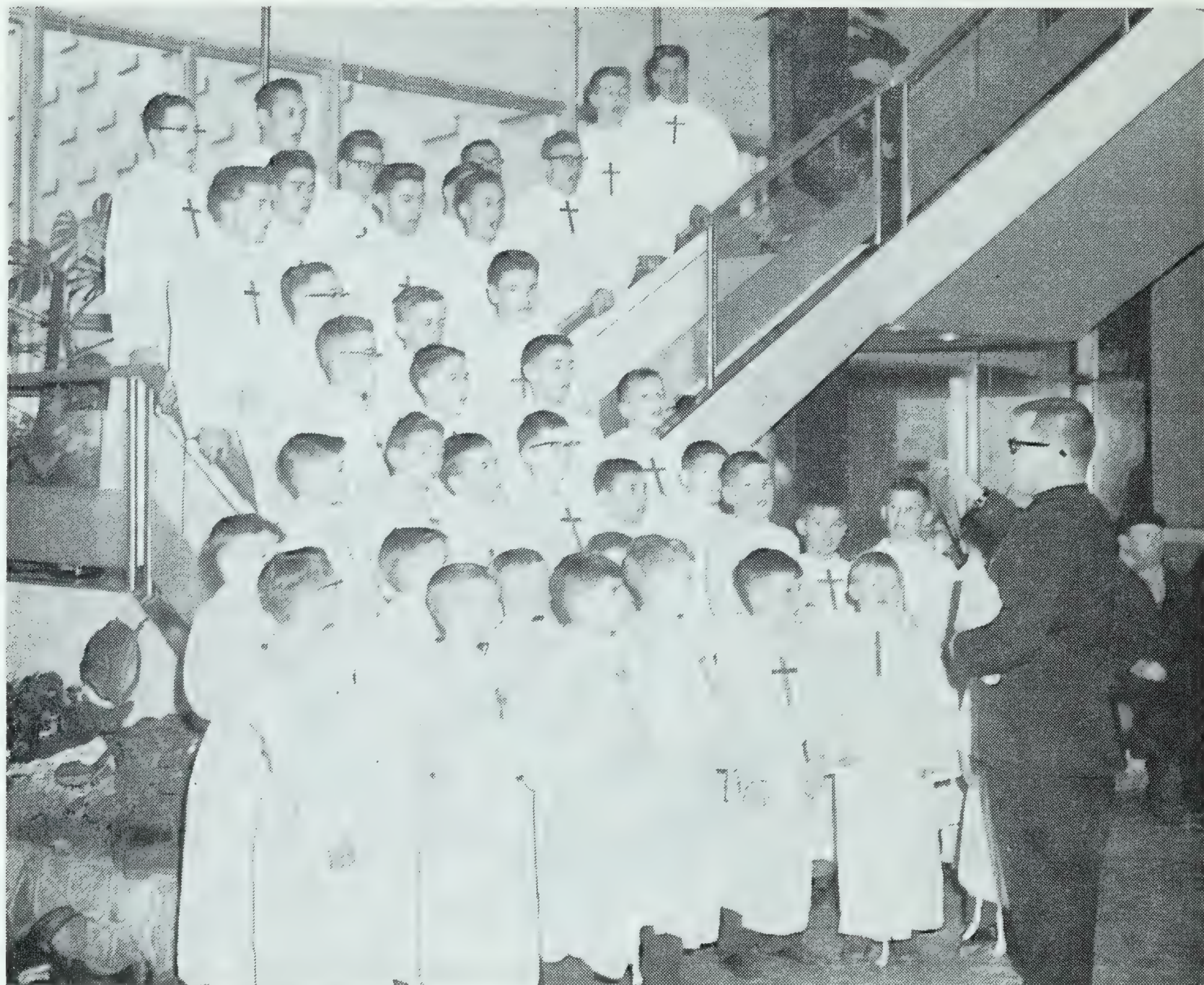
Jean Knott

The halls of Edmonton's normally staid City Hall rang with Christmas music last December, as the forty-five member Notre Dame Boys' Choir of St. Paul, Alberta, wound up a Christmas singing tour. Their trip included visits to all of Edmonton's hospitals, where they walked through miles of corridors, bringing a little of the Christmas spirit to patients and attendants alike.

The original choir was simply a church choir and consisted of the alto and soprano voices of younger boys. However, when Father R. Benoit assumed direction of the choir in September 1961, he expanded the group to include tenors and basses, and the new Choir made its official

debut at a Christmas concert in St. Paul on December 28, 1961.

Since that time, the Notre Dame Boys' Choir has appeared in some 25 formal concerts in all parts of north-eastern Alberta, and in addition has entertained at rural hospitals and senior citizens' homes throughout the area. Nor have their activities been confined to public appearances and their normal church duties. The sound of the choir is familiar to listeners of radio station CHFA, Edmonton's French language station, and viewers on both television stations located in Edmonton have enjoyed concerts by the group. The CBC network featured a half-hour concert by the choir on the day before



The Notre Dame Boys' Choir of St. Paul are pictured with their director, Father Benoit, on the main staircase of Edmonton's City Hall.

Christmas, and in February of this year the CBC radio crew travelled to St. Paul to make recordings for broadcast.

Perhaps the high point in the story of the Notre Dame Boys' Choir, however, is the fact that they have been named as "National Goodwill Ambassadors" for the 1967 Centennial by the St. Paul Senior Chamber of Commerce, and will take a major part in the town's national centennial project. In 1967, the choir will set out on a good-will trip from St. Paul to Montreal, stopping at every major city along the way. Institutions and

hospitals in each locality will be visited by the choir, and presentations will be made to Chamber of Commerce and civic officials of centennial gifts from St. Paul. The gifts will include special commemorative photo albums of northeastern Alberta and original Indian craft objects prepared by students of the Blue Quills Indian School at St. Paul.

Members of the choir are fully bilingual, and all are from the town of St. Paul and the surrounding district, a truly fine example of Alberta youth to represent the province in Canada's Centennial Celebrations.

BLACK POWDER BOOMS AGAIN



By Jim Roebuck

TWO men in tall stove pipe hats, black frock coats and sidewhiskers turn, walk several paces apart, raise their longbarreled flintlock duelling pistols and BANG!

Sounds like the duelling scene from a costume period movie doesn't it? But when the clouds of smoke have cleared away, you will most likely find that it is the annual black powder shoot of your local branch of the Alberta Arms And Cartridge Collectors' Association, and that the two costumed men were shooting at targets 20 yards away. The attire is "just for fun".

There is a tremendous resurgence of interest in black powder shooting among collectors of old weapons who felt an urge to shoot their prized items instead of just hanging them on the wall or standing them in a gun rack.

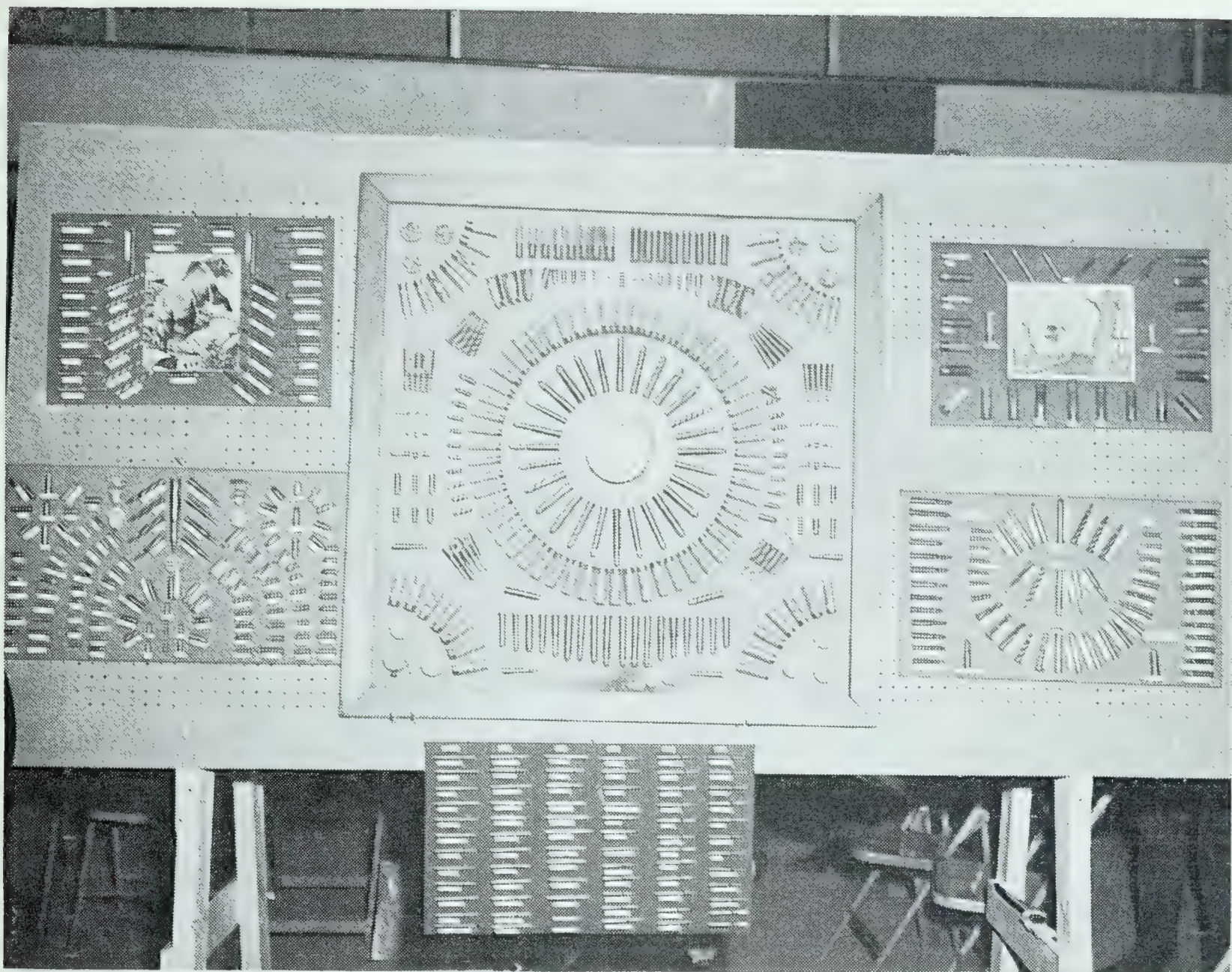
The hobby of collecting arms received quite a boost after the war when so many types of surplus arms and ammunition were inexpensively available. Many of these collectors gradually became more interested in ancient, rather than modern, arms and concentrated on flintlocks or percussion fire-arms. Others specialized in collecting military weapons only while other collectors concentrate on acquiring complete lines of one manufacturer's products, such as Mauser, or Winchester. They try to obtain a sample of every model the manufacturer ever turned out, with all of the different variations of each model. The whole history of fire-arms' evolution, from the muzzle loader up to the highly developed modern state, can be traced in such a collection.

Collectors of almost all categories are to be found in Alberta. About two and one half years ago, these many arms enthusiasts banded together to form the Alberta Arms and Cartridge Collectors' Association to increase the scope of their activities by holding regular monthly meetings where arms could be discussed, displayed, traded and fired. The 200-member strong Association includes almost every trade and profession among its membership, and has two main branches in Edmonton and Calgary. Many smaller branches and individual mem-

bers are scattered across the province. All of the branches hold regular monthly meetings and two annual shoots are held, one in Edmonton in June and one in Calgary in August. The first prize at last year's Grand Shoot in Edmonton was an exact replica of an old time muzzle loading musket, presented by a local company. President of the 50-member Edmonton Group is Paul Fuog, who collects everything from unusable Tommy-guns to much-used flintlock pistols and cap lock rifles, as well as cartridges and ammunition.



The evolution of firearms is well portrayed by this display, from the ancient flintlock pistol in the left centre, to the percussion lock pistol below its muzzle, and a variety of revolvers and semi-automatic pistols, a repeating rifle, a machine pistol, an automatic rifle and sub-machine guns. The pistols with the huge muzzles in the lower left are signalling pistols for shooting coloured flares.



This beautiful display of cartridges was part of the recent annual show held recently in Edmonton by the Alberta Arms and Cartridge Collectors' Association and the Edmonton Antique Car Club.

The competitive shooters are divided into two classes; pistols and rifles. These are again subdivided into categories of muzzle loaders and breech loaders. A further distinction can be made between flintlock and percussion weapons. In the former, the powder is ignited by the stream of sparks from a flint hammer; in the latter, by the explosion of a percussion cap which is struck by the hammer.

Black powder shooting is a fascinating aspect of arms collecting, and is quite inexpensive. With a pound of black powder costing around \$1.50

and a supply of round lead balls which he has moulded himself, the enthusiast can shoot .45 calibre bullets all day long for no more than the cost of shooting .22 cartridge ammunition. The initial investment required to launch a black powder shooter into the sport need be no more than that required to launch a golfer, and a well made gun will outlast its owner by many generations. The old time muzzle loader was surprisingly accurate within its range and marksmen shoot very good groups in targets up to about 150 yards with its aid. There is no need to use ancient weapons of uncertain safety either, for there are

a number of firms now producing exact replicas of famous old muskets and pistols using modern materials and production methods, keeping the costs quite reasonable. The Navy Colt, the Kentucky long rifle, and its Yankee cousin the Hopkins and Allen underhammer percussion rifle, and many another old time favourite are available once again to delight modern marksmen. The beautiful balance and handling of some of these guns has to be felt to be believed.

In this pushbutton age of telescopic sights and semi-automatic rifles, many people derive a sense of satisfaction from the do-it-yourself routine of loading and firing a muzzle loader, of varying the powder charge and bullet weight to attain the very best results, and find the hobby a relaxing change of pace in the everyday rush of modern life. Enthusiasts regret there are inadequate public shooting facilities in Alberta's larger cities where such groups could practice in safety and enjoy their sport throughout the winter months.

Collecting cartridges is another interesting hobby closely allied to collecting fire-arms. Often this specialization is a necessity, as bullets and cartridges for obsolete or unusual

calibre guns are often unobtainable or exist only as collectors' items. Much trading goes on between various collectors in different parts of the world. Once a collector has enough cartridges, he can hand load them himself if he wishes to shoot his unusual gun, or he can polish them up and put them on his display shelf if he is merely a collector. Here again, manufacturers of odd or obsolete cartridges have sprung up to supply the demand and many odd-calibre cartridges are once again obtainable. The percussion caps used to fire percussion guns are also readily obtainable, and flints for flintlock guns are still being made by one company in England and sold by distributors.

Many old time weapons are works of art in their own right, with beautiful engraving on the metal and beautifully grained wooden stocks, made in an age where appearance was considered just as important as utility. The crafts and skills of bygone days are preserved in them, and many an old gun has a fascinating history attached to it. A gun with a rich history attached to it, and a supply of cartridges, is truly a gun among collectors.

Sculpture Is For Everyone

PART II

MOLD MAKING

By Harry Wohlfarth

The last chapter was devoted to the process of modelling the portrait head in clay over an armature. We shall now take a look at the technique and materials involved in mold making.

Molds for cement or artificial stone casts are always made of plaster, since Gelatin or Latex molds would distort under the pressure of the cement, resulting in distorted casts.

We have generally two types of molds: (a) The solid one piece mold and (b) the piece mold. The piece mold (b) of a portrait bust is usually consisting of three pieces, planned so that each piece of the mold will come off readily in any one direction, without being hooked by undercuts.

In order to separate the three mold parts from each other we have two technical possibilities.

(1) Division by Shims:

In this method, shims are being pushed into the clay along the lines where the mold parts are planned to separate, with two "Key shims" on

each line. (Fig. 1). The shims are cut with an old pair of scissors from 38 gauge thin brass or copper sheeting which can be bought at craftshops. The advantage of the shim method over the clay wall method is that all



Figure 1

Harry Wohlfarth, Assistant Professor of Art, Department of Extension, University of Alberta, studied in Dresden and Salzburg under the famous Oskar Kokoschka. Received the distinction of Doctor's Academiae from the Roman Academy of Arts and Sciences, Rome, 1962. Elected member of the German Academy, Bonn, Fellow of the International Institute of Arts and Lettres, Geneva. Elected Senator of the Accademia Romana di Scienze ed Arti, Rome, 1962.

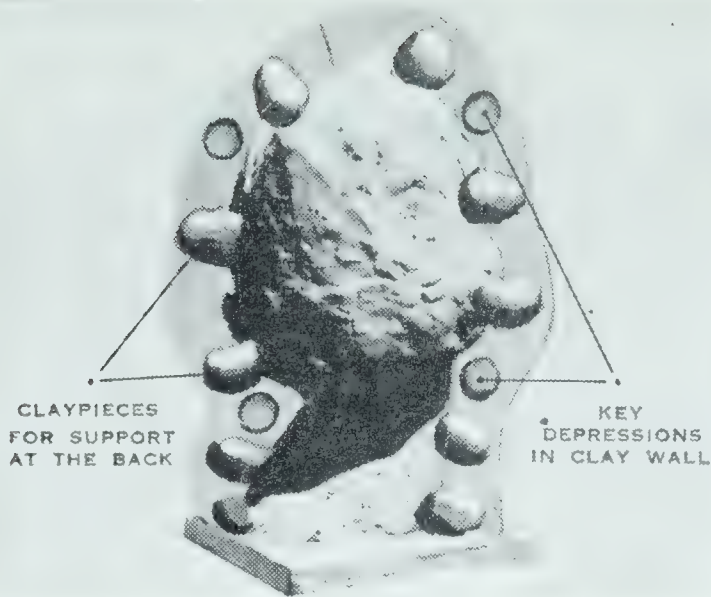


Figure 2

pieces of the mold can be made at once.

(2) Division by Clay Wall:

In this technique long strips of clay $\frac{1}{4}$ inch thick and 2 inches wide are placed along the seamline and supported with pieces of clay on the back. (Fig. 2). With this method only one piece of the mold can be made at a time, then, the claywall is removed and the next section of the mold is now divided by another clay wall on one side and the plaster edge left after the removal of the clay wall on the other. This plaster edge is dampened with a mixture of a little clay in much water to make the two plaster sections come apart easily. It also can be oiled for separation.

To avoid seams in the cast cement piece I decided in this demonstration to make a one piece mold, which of course does not need shims or clay wall.

Material for the mold of a life size head and neck

Thirty-five to forty pounds plaster of Paris, one pint shellac, one shaving brush, one short small brush, one

1" blunt chisel, one hammer or mallet, two wire coathangers, burlap strips 6" wide, one tablespoon (steel), one plastic bucket, one wooden ladle.

Our clay model is put on a strong box about 30" high and standing freely to enable one to walk around without obstruction. (fig. 3).



Figure 3

The bucket is now filled to $\frac{3}{4}$ full with water and plaster is being sifted



Figure 4

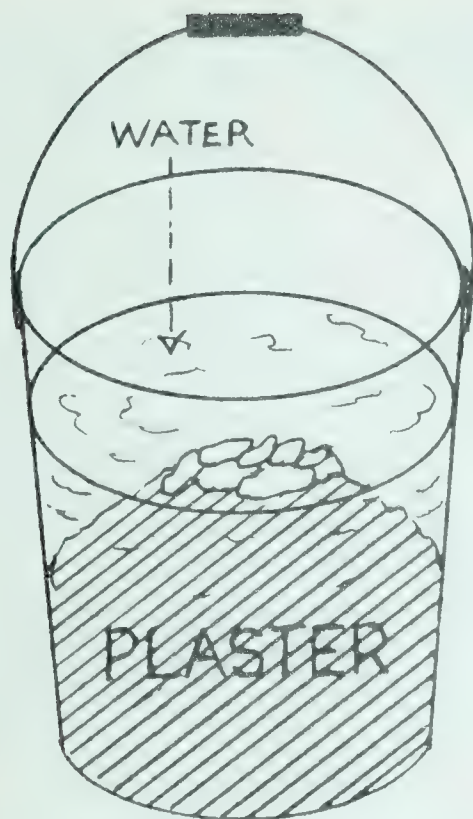


Figure 5

with one hand evenly into the water, whereby the fingers keep working through the plaster to discover and discard any coarse or foreign material and to break up lumps. (Fig. 4). We keep sifting until a small mound of plaster appears above the surface of the water. (Fig. 5). A few more handfuls around the edge and we leave the plaster for a moment.

As soon as all the plaster on the surface has absorbed water we mix the plaster with the wooden ladel or with one hand stirring at the bottom of the pail. There is no set rule to plaster mixing except: the longer we mix it, the faster it will set, the less we mix, the slower it will set. One to two minutes are the average time.

Properly mixed plaster is of a creamy consistency and becomes like heavy sweet cream and finally crumbly and unworkable.

Our plaster is mixed for two minutes and showing a smooth creamy con-



Figure 6

sistency. Cupping our fingers as shown in the illustrations we throw and dribble it on the clay head, starting from the bottom. (Fig. 6 and 7). The bust should have about a $\frac{1}{2}$ " layer by the time our first small bucket of plaster is applied. We use now our overcoat hangers to provide our mold with two vertical reinforcements, one down front and back, the other down one ear and the other (Fig. 8) and three horizontal reinforcements pressed gently into the plaster. (Fig. 9). After the reinforcements are applied we continue to build up plaster, embedding the burlap strips crosswise in the process, until the overall thickness of the mold is about $1\frac{1}{2}$ to



Figure 7

2 inches (Fig. 10). The same procedure would be applied in the case of a brass shim piece mold. The plaster first becomes quite warm, then cools, becomes cold, and is as hard as it will get. The plaster is then set. To test the mold in order to see whether it is hard enough and the plaster set, we press the nail of the thumb directly down into the mold surface. If it is crumbly and moist it is not yet set.



Figure 8



Figure 9

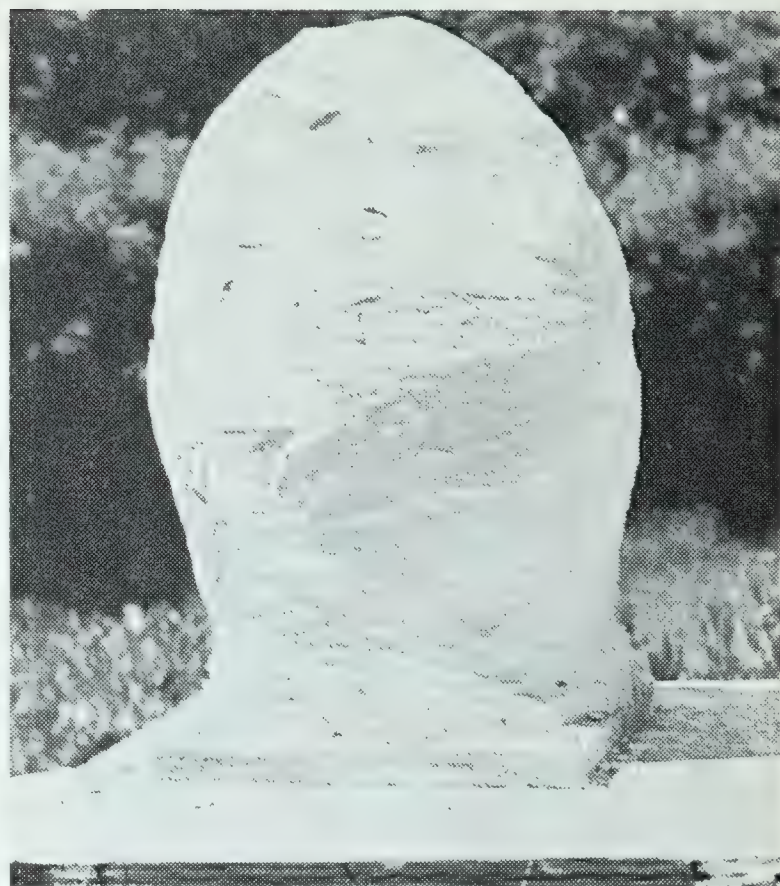


Figure 10

If the plaster has a crisp resistance, it is set and ready.

So called "dead plaster" is useless. This plaster has been exposed to moisture and is no use for casting or mold making. To avoid the use of such "dead plaster", we mix a small batch and let it set on a piece of glass. "Dead plaster" either does not set at all or if it does, it will be a crumbly, chalky material.

If the mold making has to be done indoors, sheets of newspaper will have to be spread over everything, worktable, floor, and thumbtacked to the wall. After all, liquid plaster drips, splashes and slops over. Dry plaster is white dirt and newspapers save a great deal of cleaning up later.

We also give the inner surfaces of our plaster pail a quick smear of oil, using very little oil, of course.

In the next issue, the process of mold preparation and cement casting will be described.

BOOKS IN REVIEW

"**A Short History of Fingers**" is a collection of comments and essays by the perennial favorite of some, H. Allen Smith. Those who like him at any time, will like him in this compendium of bits and pieces ranging from comments on McFetridge's Law (when things are supposed to happen but don't, like when someone is looking) to some biography, as on Doc Avery and Jim Moran, and a little smidgin of other trivia. Those who don't like him, won't care any more for him here than anywhere else. The "Fingers" is perhaps a more chaste piece of writing by Mr. Allen than the majority of his productions. But it doesn't limit the reader's enjoyment; anyone must accord respect to a man who can write about "The Bright Side of Pessimism". **A Short History of Fingers and Other State Papers**, by H. Allen Smith. Published by **Little Brown and Company (Canada) Limited**. \$6.00.

Anyone who believes that any advertising man writing about his trade is going to deal with anything other than (a) himself and/or (b) his agency, is naive to the extreme. Mr. David Ogilvy, of Ogilvy, Benson and Mather with offices in New York and Toronto, has produced a quite fascinating volume which can be interpreted as a smashing ad for himself and his agency, long copy (which he advocates for all advertisers) presented in a most attractive manner. Anyone immediately or remotely connected with advertising will find many viewpoints enticingly set out for thought.

There is the proposition that Mr. Ogilvy does not agree with much of television commercial presentation; another, that his company has almost enough clients and that the firm is busy fighting off would-be customers; that print ads work best under large eye-catching pictures rather than many small ones; and that reply coupons do best at the top of the ad. What makes Mr. Ogilvy dear to the heart of all advertising men is his outspoken comments about trying to prepare advertising for committees.

Mr. Ogilvy's Confessions are well worth considering. The 172 page volume is published by **McClelland and Stewart Limited**. **Confessions of an Advertising Man**. \$5.95.

The Canadian Centenary Series is a collection of volumes, detailing Canadian history, each written by a single author and each dealing with one aspect of this country's more-colorful-than-supposed history, but all co-ordinated by an editorial committee to ensure continuity and the best possible coverage and presentation.

Although marked as second in the series, **Early Voyages and Northern Approaches** is the first to appear. Author Tryggvi J. Oleson is a professor at the University of Manitoba and is the foremost authority on Canada's early Arctic history. He is the author of several previous books on related subjects.

In **Early Voyages**, Prof. Oleson sets out with some clarity his reasons for

believing the Norse people came to Canada when they did, and why they set up colonies where they are reported to have done so. Perhaps in one or two places, his emphasis is on refuting other beliefs than on producing new arguments to support his own. Nonetheless, his presentation is not only historically interesting but is most readable from the entertainment aspect.

He extends the first Norse interest in this continent to that shown by later explorers, such as Cabot, Frobisher, and others. Exhaustive footnotes and bibliography make this a most excellent reference for future researchers.

With Canada's centenary almost upon the country, it is most fitting that such a series as that proposed by the publishers be prepared. The whole collection, judging by this first edition, will be an asset to any library.

Early Voyages and Northern Approaches 1600-1632 by **Tryggvi J. Oleson**, published by **McClelland and Stewart Limited**. \$8.50.

Thomas Anburey was one of those figures in history who appear for a brief period, leave record of their life and occurrences during those fleeting years, and then disappear into the stream of day to day living of the period. His account of his experiences as an officer with the troops under General Burgoyne from 1776 until after the disastrous battle of Saratoga in 1777, have been edited by Sydney Jackman and presented with illustrations, under the title of **"With Burgoyne from Quebec"**.

It is believed the material was first set out in the form of letters. Salu-

tations and endings, and irrelevant material have been deleted, to make a diary-like account of the events that led to the British defeat. These are taken from a five-year period of letters, once published under the title of "Travels Through the Interior Parts of North America". There is some doubt, apparently, that Lieut. Anburey was sole author of the "Travels" volumes.

As letters are apt to be, the story is somewhat casual with much attention to unfamiliar aspects of life in the early Canadian colonies. The description of the military expedition, and details of the battle, are rather sketchy and obviously are one man's viewpoint. There has been little effort to incorporate experiences or comments of others into the tapestry of the story although copious footnotes by Mr. Jackman attempt to make up for this.

The chronicle is interesting reading for anyone not too concerned with the military or political details of the period.

"With Burgoyne from Quebec", edited by **Sydney Jackman**, F. R. Hist. S., and published by **The MacMillan Company of Canada Limited**. \$5.75.

Western Canadians in particular are aware of, and concerned with that area of Alberta, Saskatchewan and slight touch of Manitoba that comprises what is known as the "Palliser Triangle". Few know just who this area of erratic boom-or-bust grain growing was named after.

Irene M. Spry is the wife of the Saskatchewan Agent General in England, former assistant professor of the

department of economics of the University of Toronto and delver into Canadian history, and author of "**The Palliser Expedition**". Her account of the three-year travel of scientific discovery led by Irishman John Palliser could well stand as an example of how to make history readable, fascinating and accurately researched.

The purpose of the Palliser Expedition was to determine if there was a practical route from the eastern Canadian settlements across Canada within Canadian boundaries, to the Pacific coast. The group was to determine if the lands enroute were suitable for settlement, and was also to carry out certain magnetic and other scientific research along the way.

The journey, just over a hundred years ago, was made by Palliser and his associates, Hector, a Scots doctor and geologist; Sullivan, astronomic observer; Bourgeau, a French botanist; and Lieut. Blakiston, magnetic observer.

The group travelled together and separately on side expeditions along the way as occasion demanded. They travelled by foot, by canoe, by Red

River cart, by pack train and by dog team. They suffered extreme hunger, much discomfort, high peril from unfriendly Indians, and enjoyed the favors of friendly tribesmen and the support of the Hudson's Bay Co. men.

It is a tribute to the character of these men that they could work together under conditions as trying and exacting for as long as they did, and remain friends and co-operative co-workers. Their discoveries and their conclusions are as valid today as they were when made, and the opening of the Canadian west was made easier and faster as a result of their efforts.

The author has accomplished a masterly presentation of the most casual activities of the expedition. If more Canadian history was revealed in manner equally as fascinating there would be much more recognition given Canadian national heroes instead of popularizing imported unauthentic pioneer characters from other countries.

The Palliser Expedition, with maps and illustrations, by Irene M. Spry. Published by **The MacMillan Company of Canada Limited.** \$7.50.

IS YOUR HOBBY REALLY FUN?

By Joseph Prendergast

Executive Director
National Recreation Association

As told to Lester David

Reprinted from "This Week" Magazine
September 30, 1956

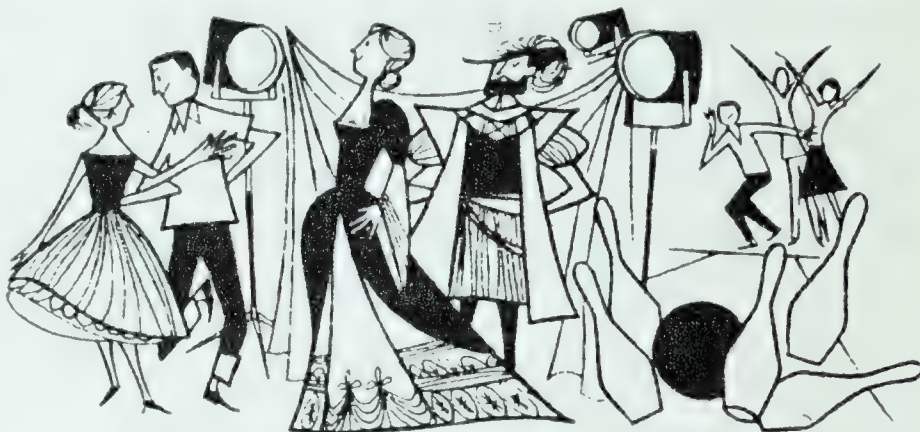
A businessman I know took up golf two years ago for reasons he thought perfectly sound: everyone in the crowd was playing and the game was good for contacts. He speedily became disenchanted. He doesn't like golf, plays it badly, and frankly admits he'll never get the hang of it. But he keeps going doggedly through the motions practically every weekend.

My friend, whose reasoning has more holes than the fairways he trudges over so regularly, picked the wrong pastime. Recreation can make individual and family life finer and healthier, but the benefits are lost if the specific activities don't suit the person doing them.

Fishing spells ideal sport for many; but it's nothing more than sunburn, boredom and damp feet for others. Seashore bathing is a wonderful relaxation for some, but it may be simply sand in the hair for their neighbors.

In the U.S. and Canada right now the variety of things to do

If it isn't, check this "change-of-pace" chart developed by The National Recreation Association of the U.S., and find one that is!



If you work by yourself, cooped up all day, seeing nobody or very few people, try: Folk dancing, spectator sports; choral, Little Theatre or concert groups; coaching or other voluntary leadership; athletic team participation.



If you work with a group, if you are with and around people too much during the day: Fishing, hunting, target shooting; listening to music, reading; volunteer leadership of children's organizations.



If you have an active job, one which keeps you hopping: Chess, cards, checkers and other table games; collecting; crossword puzzles; shuffleboard or horse-shoe pitching; model building; weaving, and other types of arts and crafts.

in spare time is almost limitless. The pity is that so many people either go through life without dipping into the showcase or make the mistake of my golfing friend who turned recreation into another form of hard work.

Begun in youth or middle years, hobbies, sports and other pastimes can transform an aimless what-will-I-do-with-myself sort of life to one in which every day can be both stimulating and a great deal of fun.

How do you go about selecting the right leisure activity, the one that best answers your particular needs? What are the rules?

I'll raise your eyebrows at the outset by insisting there are no rules at all! Recreation means doing what you want to do, when you want to do it and at any pace you choose. Blueprints that detail what, when, and how are the spoilsports of the game.

However, this doesn't cancel out the need for guideposts. These are extremely important, not to plant an individual on the road to recreation, but to help him discover the way for himself.

1. Build on what you have.

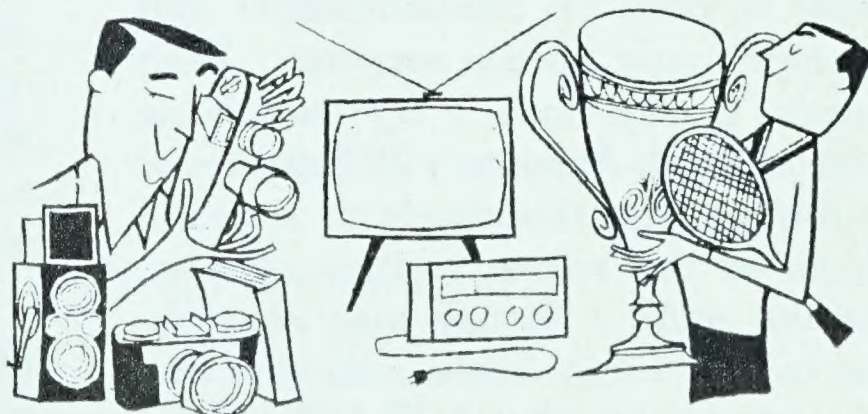
Take an inventory of your special interests, those you have now or ones you once had and dropped. Use them as springboards. For example: An interest in history can send you on to collecting stamps, coins, toy soldiers of different lands or old



If you have a routine job, with the same duties day in and day out: (housewives, this can mean you): Mental puzzles, magic tricks; skating; weekend travel, parties, skin-diving, dancing; fashion shows; community betterment activities.



If you have a sedentary job: Swimming, table-tennis, dancing; excursion trips and tours, weekend camping; golfing; making model airplanes, boats and trains; collecting nature specimens; home-workshop projects, boat building.



If your job involves a great deal of responsibility: Taking lessons (in something you never tried before); radio listening, TV watching, movie and theatre going; woodworking; photography; square dancing; tennis—all mental relaxers.



If you are under constant supervision: Creative arts such as painting, sketching, sculpturing; gardening; sailing and power boating; barber-shop quartet singing; reading, especially adventure-travel; skating, skiing, handball, tennis.

prints. One man devotes many hours to gathering data on his community's past and has become a one-man historical society; I know a number of women who collect dolls of different countries and eras—one has a small museum in her basement.

If you're musical, you may want to start your own record library, join a band, form a choral group or make overtures to Hi Fi. Did you know about music camps, now located in many states, where young people combine vacations with musical education? How about a "Listeners' Club", with members meeting in each other's homes for record concerts followed by coffee and conversation? If you have organizational talent, run a series of musical evenings in your community. Amateur musicians are in plentiful supply—just ask the local paper to print an announcement and see how many people respond. Then there's nature lore. Try collecting some of North America's 700 species of butterflies, the thousands of seashell types, or the many varieties of gem-bearing rocks. There's also immense fun in gathering herbs and creating your own spice shelf. Colorful wildflowers can be preserved in all their beauty with plastic sprays. And everybody knows about gardening, but how about growing things indoors? It's challenging and can be done year round.

2. Make sure the activity doesn't require more than you can handle.

There are some important measuring rods which ought to be applied before you plunge into a pastime.

First consider your budget. Things like the necessary equipment and its

maintenance costs, playing fees, and the need for special clothing, ought to be checked carefully. If possible, try to use borrowed or rented equipment for a while before investing in your own.

Time is another significant point. Not everyone has the same number of free hours a week, and activities vary widely in the demands they make. Be sure to measure the time you have against how much the activity requires before wading in.

Location is a third measuring rod. Many persons become deeply involved before discovering that the time and energy spent travelling is a serious inconvenience.

(Tip: You can get accurate information on cost, time and location from your community-supported recreation department. More than 1,200 municipalities in the U.S. have year-round agencies which operate a vast network of play centers and employ trained personnel to answer your questions.)

Lastly, make sure the activity you select is not beyond your physical capacities.

A guide to the amount of exertion required by the leading sports has been prepared by Dr. Thomas K. Cureton of the Physical Fitness Research Laboratory at the University of Illinois. Here is his grading of the sports when played under normal circumstances.

Greatest Exertion: Basketball, boxing, football, handball, hockey, lacrosse, soccer, squash, wrestling.

Moderate Exertion: Badminton, baseball, golf, hiking, hunting, rowing and

canoeing, skating, skiing, softball, swimming, table tennis, volley ball.

Least Exertion: Archery, bicycling, billiards, bowling, croquet, fishing, horseshoe pitching, midget golf, shooting, shuffleboard.

3. Fill in what's missing from your daily routine.

I recall one man who worked all day by himself in a tiny cubicle. Taking a cue from an enthusiastic friend in the firm, he started collecting stamps and wondered why he wasn't happy with the hobby.

Actually, he needed a leisure activity which would give him contact with people. His friend, on the other hand, was a salesman who saw people all day long. He wanted to be by himself.

This story illustrates the widely-overlooked fact that you stand a far better chance of developing satisfying spare-time interests if play hours are as different as possible from work hours.

At the National Recreation Association, my staff and I consider this so important that we have formulated a "change-of-pace chart" as a guide to help you balance your play and your work. (The chart appears on Page 10—study it and see where you fit in.)

Today's increased leisure is a wonderful gift to Americans. We can waste these expanding hours of pure freedom or use them to recharge our physical and spiritual batteries. A wise choice of recreation can spell the difference.

—The End.

The prize for moral standards must be awarded to that combination of primness and fashion, Godey's Lady's Book. A household authority about the middle of the nineteenth century, the journal even told its readers how to arrange their bookshelves properly. "The perfect hostess," wrote the editor, "will see to it that the works of male and female authors are strictly separated. Their proximity on the shelves—unless they happen to be married—should not be tolerated."

—HOWLERS FROM THE PRESS

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